

The Cat in the Hat Comes Back

W.T. Sampson hosts annual "Read Across America" day in honor of Dr. Seuss

See page 6



What's Inside



A Gardener's Delight

Got a green-thumb? Looking for ways to cover the bare patches in your yard? Stop by the PWD Plant Nursery and fulfill your gardening desires.

See page 5

National Nutrition Month

March is National Nutrition Month. Discover ways you can get healthy and destroy some of the dieting myths.

See page 8



Force Protection

Know where your children are at all times. Due to our terrain and mission posture, GTMO can be a hazardous place.

Water Conservation

FEB. 24 - MAR. 2

Used
Daily avg.
Daily goal 1,000,000 gal

We spent \$
under our budget for
the week.

U.S. Naval Base Guantanamo Bay

Gazette

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This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Say farewell to Debi Buehn

All spouses are invited to a luncheon in honor of Debi Buehn, wife of Capt. Robert Buehn, Commander, Naval Base. March 24, 11am to 1pm in the Windjammer Ballroom. Please call 5700 no later than March 21st if you plan to attend.



TOGETHERWE PREPARE

American Red Cross Upcoming Classes:

Workplace Standard First Aid - March 29
Community CPR & First Aid - April 12
CPR for the Professional Rescuer - April 26
FMI call your Red Cross Office at 5060.

Phone Facts from BCO and LCN Comparison of Caribbean International Long Distance costs

The following table represents a sampling of long distance carrier costs per minute across the Caribbean and islands to the *United States*:

From	M-F (8am-6pm)	M-F (6pm-8am)	S/S/Hol
Jamaica	.50	.46	.38
Cayman Islands	1.46	1.16	.73
Bahamas	.99	.99	.99
Haiti	.82	.71	.71
Puerto Rico	.40	.40	.40
Virgin Islands	.83	.83	.83
Antigua & Barbuda	1.20	.98	.74
St. Lucia	1.20	1.00	.74
Barbados	1.18	1.00	.75
Grenada	1.20	1.00	.74
St. Vincent	1.57	1.30	1.13
Trinidad & Tobago	.72	.72	.64
Bermuda	.85	.70	.70
Turks & Calicos	1.20	1.00	.75
GTMO	.53	.46	.38

Average International Long Distance Across the Caribbean: \$.98
Average International Long Distance Cost GTMO: \$.45
Cheapest Time of Day Rate 2400 - 0759 + weekends GTMO & Jamaica @ \$.38

For issues you would desire addressed in this forum, please contact: Bob Diamond at 3644.

Command Financial Specialist (CFS) Training

April 21-25, 7:30am - 4pm
Fleet & Family Support Center

In accordance with OPNAVINST 1740.5A, each command having 25 or more personnel shall have a trained CFS and those with less than 25 are encouraged to have a trained CFS. This course is offered for active duty personnel interested in serving as financial specialist for their respective commands/departments.

Attendees should be E-6 or above, have command approval, and have at least one year left at their command. We need highly motivated, financially stable individuals who will actively assist others and attend bi-monthly CFS forums to exchange information and keep up with the many changes affecting the personal finances of service members.

Call Paul Walker at the FFSC, 4141 or 4153 to register.

DAPA Notes: IMPORTANT REMINDERS

It's time to remind everyone of a few things that will make your stay in Guantanamo Bay a success.

1. The Safe Ride Van is available to take you home from the Windjammer, Bowling Alley and Tiki Bar. All you need to do is ask one of the MWR Reps for a ride no questions asked.
2. Remember there are certain places where you may consume alcohol. Some of these places include the MWR establishments authorized to serve alcoholic beverages, beaches, parks and ball fields during sporting events and command functions, the golf course during regular use by facility patrons, the Lyceum (CANS ONLY) and certain areas in housing and the BEQ/BOQ. Please consult a separate instruction for guidelines in regards to the BEQ/BOQ and housing.
3. The drinking age is 21. If you not 21, you may NOT consume, purchase, sell, possess, transport, or distribute any type of alcoholic beverage(s).
4. Personnel selling or dispensing alcoholic beverages can discontinue serving anyone who appears intoxicated or approaching the state of intoxication.
5. Remember know your limit, set your limit, and be responsible.

U.S. Naval Hospital Guantanamo Bay, Cuba Laboratory Receives Accreditation from College of American Pathologists

US Naval Hospital Guantanamo Bay, Cuba, Laboratory Department was awarded accreditation with distinction by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP).

LCDR Brunsman, MC, USN, director of Laboratory and ENS Marqués, MSC, USNR, division officer, were advised of this national recognition and congratulated for the "excellence of services being provided." US Naval Hospital Guantanamo Bay, Cuba Laboratory is one of more than 6,000 CAP-accredited laboratories nationwide.

During the CAP accreditation process, inspectors examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine the entire staff's qualifications, the laboratory's equipment, facilities, safety program and record, as well as the overall management of the laboratory. This stringent inspection program is designed to specifically ensure the highest standard of care for the laboratory's patients.

Congratulations to the Laboratory staff, ENS Marqués HM1 Hakes, HM1 Minaya, HM2 Webb and HM3 Duncan for a job well done.



NEWS BRIEFS

Tax Center Update

The Naval Base Tax Center is open in Building 760 inside the Legal Assistance Office. Hours of operation are Mondays, Wednesdays and Fridays from 9am to 5pm and Tuesdays and Thursdays from 9am to 7pm. Call 4314 to make an appointment.

The center had completed more than 80 tax returns - a service valued at \$15,342. The total amount of refunds is over \$200,000.

SPOA to Host Talent Show

The Senior Petty Officers' Association (SPOA) is sponsoring a Talent Show May 2.

Tryouts for the event are scheduled for April 22 and 24. Times for tryouts will be announced at a later date. Watch the Gazette and Roller for details.

Proceeds from the show will go toward scholarships for W. T. Sampson High School seniors.

The SPOA would like to invite all First and Second Class Petty Officers to our meeting on Friday, March 21 from 11:30am to 12:30pm at the Windjammer, second floor in the Acey Ducey Room. Come out, have fun and get involved.

Calling All Submariners

April is the Submarine Force's 103rd birthday. We would like to celebrate appropriately. We are trying to get a list of all Submariners, past and present, for our invitation list and news e-mails.

Please contact CMDCM(SS) Al "COB" Steiner at the NAVBASE CMC's office at 4474, or email - steinerap@usnbgmto.navy.mil or daCOB@yahoo.com.

Free ASVAB Preparation

What: Self-paced computer programs in math and English designed to help increase ASVAB scores.

Why: Increase personnel retention, meet requirements for acceptance in schools, and career advancement.

How: No-cost TAD orders for 6 hours per day. Two weeks only. Seating is limited, call 3997 for further information or stop by the Navy College Learning Center.

When/Where: M-Th 1000-1630. Chapel Hill, Room 11.

Class Dates: Mar 17 - 27

Mentor a Sailor, Develop a Leader

By JO2 Edward Flynn

Naval Personnel Development Command Public Affairs

The Navy has always placed great emphasis on mentoring its junior people to ensure their success. Today, the Navy is formalizing a process that will hold leaders accountable for not only mission accomplishment, but for the development of their Sailors, as well.

"We all have an inherent responsibility to ensure the growth and development of the people who work for us," said Chief of Naval Operations Master Chief (SS/SW/AW) Phil Russell, Naval Personnel Development Command command master chief. "We have never before programmatically asked our leaders to get as engaged and involved in the mechanics of making that happen for our Sailors, as we are going to in the future."

A working group of fleet master chiefs has been established and is being supported by the Center for Naval Leadership (CNL) to develop guidelines for the fleet. Because mentoring skills are a key component of leadership and are an integral part of a Sailor's entire career, CNL will provide training solutions to deliver the knowledge, skills and abilities our leaders need to support the program. By formalizing the process, both senior and junior Sailors will have a clear understanding of what mentorship is and how it works.

"Everyone in the Navy will have a mentor and be a mentor," said Russell. "Each one of us in a leadership role - whether by experience, or position - has a responsibility and obligation to mentor the Sailors who work for us or with us, to help them be successful at what they do."

For more information about mentorship, visit the Center for Naval Leadership on Navy Knowledge Online, www.nko.navy.mil.

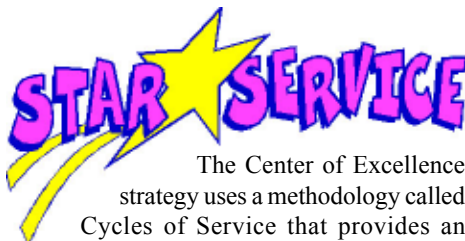
Navy Region Southeast MWR is Seeing Stars!

Navy MWR, and especially Navy Region Southeast (NRSE), is committed to putting its customers first. Five years ago MWR headquarters in Millington, TN made a commitment to move beyond just “good enough service” and transform Navy MWR worldwide into a “best in class” service leader.

The commitment began when MWR headquarters partnered with Achieve Global to roll out its customer service training program “Star Service: Achieving Extraordinary Customers Relations” to all 18,500 MWR employees throughout 118 MWR departments worldwide in order to build a customer-focused service culture within MWR.

In October 2001, NRSE MWR decided to move beyond this training to sustain a customer-focused organization and established itself as a Star Service Center of Excellence.

So what is a Center of Excellence (COE)? A COE is a base or region so committed to service excellence and building long term customer relationships that it strives to sustain a customer-focused organization. A variety of strategies are used to achieve this goal, the most important of which is using customer feedback to improve and enhance MWR program and service delivery in an effort to meet and/or exceed customer expectations.



The Center of Excellence strategy uses a methodology called Cycles of Service that provides an opportunity for MWR to proactively manage the customer experience by using customer feedback to go beyond the expected, and create a “wow” or positive memorable customer experience (PMCE) at every customer contact. This customer feedback is being collected via telephone or face-face at MWR facilities.

As a customer it is possible you have already been asked about your experience and have noticed improvements and enhancements being made as a result of your feedback.

If you have yet to be asked then please help us to improve your MWR experience by letting us know what we could do better to enhance your MWR experience and/or what might have happened that detracted us from making experience memorable.

NRSE MWR is the first region to take on the challenge of becoming a true Regional Star Service Center of Excellence (COE). There are two other installations currently working towards becoming a Star Service

COE, NSA Mid-South in Millington, TN and NAVSTA in Great Lakes, IL.


NRSE rolled out the cycle of service methodology at the Jacksonville-area bases (Jacksonville, Kingsbay and Mayport) and Charleston in March 2002. All four bases embarked on the journey together by surveying customers that utilize Gym and Fitness Center facilities at each base.

The four bases together formed a framework to share best practices and assist each other. This key piece was instrumental in creating a “region-wide” COE crusade.

In the past four months Gulfport, Pascagoula and Guantanamo Bay employees were trained and Gym/Fitness COSITs (cycle of service improvement teams) chartered. Key West and Puerto Rico will launch their Gym COSITs in late March 2003.

All nine bases have grasped the concept and added their individual elements and enthusiasm, making Navy Region Southeast a leader Navy-wide.

By becoming a Regional Star Service COE, NRSE MWR will be able to deliver extraordinary service to customers, enable employees to view things from the customers’ perspective, give customers a voice in helping make needed changes, promote adaptability and empower frontline service employees to make a difference for you our customer!



Third Annual GTMO Military & Civilian Spouse's Seminar “Lighting the Way in Guantanamo Bay” Thursday, March 20th

Registration Deadline Extended

Drop off your Registration Information at the NEX or FFSC by Monday, March 17th to participate in a free, fun-filled day designed for the sponsored spouses at Naval Station Guantanamo Bay! All spouses whose sponsors are enlisted, officer, civilian or contractor personnel are invited! Need a ride? Call 4141 and you can be picked up at your door.

NOTE TO NURSING MOTHERS

Please feel free to bring your infants. Special rooms will be set up for privacy while you nurse.

**PLEASE NOTE - FLEET & FAMILY SUPPORT
CENTER WILL BE CLOSED MARCH 20
FOR THIS EVENT.**

Women's History Month Dinner Program

**Friday, March 28
6:30 - 9:30pm at the Windjammer
Tickets - \$12.00**

March is Women's History Month. This year's theme is “**Women Pioneering the Future.**” Let us remember the women who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes, and innovative women of today who further these efforts and continue to expand the frontiers of possibility for generations to come. For more information, call Lt. Bautista at 7-2450.

Looking for a Little Green? GTMO's Plant Nursery Can Help

Got a green thumb or just a love of plants? Looking for a way to minimize all the brown patches in your yard? Drop by the Plant Nursery and let us help you!

The volunteer staff at the PWD Plant Nursery would like to take this opportunity to introduce themselves to all the new base residents.

The Plant Nursery is located on Kittery Beach Road next to the golf course. There is parking on the west side of the nursery. We ask that all patrons use this entrance while sidewalk construction is in progress.



The nursery is staffed by volunteers from the American Red Cross. Our operating hours are 8:30 to 11am on the first and third Saturday of each month. For your safety, the nursery is closed when Kvaerner is cutting grass.

Not sure what you are looking for? We have a notebook with pictures and a small description of the local plants. The plants we have are starters taken from nursery stock or from residents who have an unusual plant they want to share with the community.

What is the cost? A little bit of your time to go to the housing office for your plant chit. As a new resident you receive a chit upon arrival and then, like all other residents, you can receive a new chit each month.

Most plants are one chit. You can save your chits up to a maximum of four. Please bring your base ID when redeeming your chits. Chits older than four months will not be honored. We do not sell plants for cash.

We do recycle so please return all your pots and buckets back to the nursery. If we do not have the pots, we can not start new plants. You may leave the pots outside the nursery gate at anytime.

Are you leaving GTMO? We will gladly accept donations of hoses, shovels and other gardening supplies?

We ask for your patience when visiting the nursery as our volunteers assist other residents. Would you like to volunteer your time? Contact the American Red Cross Office at 5060.

Safety Alert Tips from Your Local Pharmacist

Are you a parent of young children, a grandparent or an adult using prescription drugs or over-the-counter medications? If so, you can do your part to prevent poisoning by using the following checklist in your home:

- ◆ Ensure medicine containers have child safety caps;
- ◆ Lock medicine in a dry place away from direct sunlight after each use;
- ◆ Throw away old medications after expiration date;
- ◆ Don't take medicine in front of children and never tell children that medicine is candy;
- ◆ Never mix medicine with alcohol.

Always keep on hand at home a one ounce bottle of syrup of Ipecac for each child or grandchild in the home. Unless patient is unconscious, having convulsions, or cannot swallow give milk or water immediately. Before you give syrup of Ipecac at home, make sure to get advice from the emergency department and physician on whether you should make the patient vomit or not.

St. Patrick's Day Dive/Snorkel

Reef Raiders Dive Club is sponsoring a Saint Patrick's Day dive/snorkel this Sunday, 9am at Cable Beach. Come out and make a new dive/snorkel buddy



All are welcome. Come out and find out what Reef Raiders is all about! FMI: x5336 or x5666."



GIRL SCOUT COOKIES

*All varieties
on sale Sunday
at the NEX Atrium
from noon to 4pm
Available while supplies
last! \$3.50/box*

Reading - It's the Cat's Meow

**The sun was out. It was time for some play.
The kids sat anxiously that Friday.**

**Would he appear? Would he come out?
The kids give a holler. The kids give a shout.**

**Did you hear a noise? Did you hear that?
Up on the stage! Look! It's the cat!
Up on stage - it's the Cat in the Hat!**



The student's in Mrs. Stanton's kindergarten classroom take a few moments to write thank you cards to the volunteer's who dropped by to read them stories and paint their faces.



Left/Right - Military and community volunteers shared not only stories with the elementary school students, but also their artistic talents. Tables were set up near the playground for children to stop by and have their favorite Dr. Seuss character or other images painted on their faces.

Parent's, students, teachers, and community volunteers came out in full force to put on the hat of The Cat (the one made famous by Dr. Seuss), picked up their books, and read, read, read last Friday at W.T. Sampson Elementary School. They joined others in cities and towns across the nation, in the reading sensation that has become a national tradition – National Education Association's (NEA) Read Across America. The event here was celebrated with style, gusto, good humor, and verve.

The Cat was on the prowl at the elementary school searching out students wearing his signature hat and cutting up on stage. Dressed in full Cat in the Hat attire, Jessica Brewer, along with Thing 1 (Stephanie Robinette) and Thing 2 (Will Buehn), acted out Dr. Seuss's The Cat in the Hat as read by W.T. Sampson High School Senior Kim Ashberry.

Afterward, the "Seussabration" continued as guest readers visited various classrooms reading other stories made famous by Dr. Seuss and other volunteers gathered near the playground to paint young faces with Seuss characters or images of their choice.

Started in 1998 as a way to get kids excited about reading while celebrating Dr. Seuss's birthday, NEA's Read Across America has become the nation's largest one-day reading event. The year-round program, which features reading tips for parents and teachers, reading challenges, games, reading research and other activities for young and old alike, culminates each year on or near Dr. Seuss's birthday (March 2).

W.T. Sampson Elementary School would like to thank all those who joined in the celebration and volunteered their time and talent to make this year's event a success. Remember to keep reading to your children!



The Benefits of Reading to Your Child

What turns kids on to reading? Research shows the answer is simple: Read to your child 15 minutes a day.

The National Commission of Reading declared that "reading to children" is the single most important factor in reading success. Storytelling is probably the oldest and cheapest form of entertainment known to humans, and the benefits are far greater than many present-day choices available to children.

Why Read to Children

- It teaches children to communicate effectively.
- It creates a desire to read by building a positive relationship with books.
- It often enables children to learn more easily and confidently.
- It helps improve listening skills, expand vocabulary, improve memory and expand understanding of the world and the self.
- It creates an warm and secure environment and strengthens the parent-child relationship.



Dropping by to read his favorite Dr. Seuss book, "Green Eggs and Ham," Major General Geoffrey Miller from JTF GTMO called on Mrs. Stanton's kindergartner's to help him read the story aloud.



Above: Despite the warm weather, Jessica Brewer dressed all in black to play the famous Cat in the Hat and create a little mischief on stage.



Above: Donning the famous cat hat, students gathered at the elementary school lyceum to see a live performance of The Cat in the Hat. Below: As Kim Ashberry reads the story, Brewer lets Thing 1 (Stephanie Robinette) and Thing 2 (Will Buehn) out of the box to play with a couple of students.



National Nutrition Month Celebrating 30 Years

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The National Nutrition Month campaign reinforces the importance of nutrition as a key component of health, along with physical activity.

Healthy Eating, Healthy You - Ten Myths about Dieting

from the American Dietetic Association (www.eatright.org)

◆ **Eating Late at Night Is Sure to Pack on the Pounds** - Your body doesn't process calories differently after dark. However, the foods that people tend to go for in front of the TV after dinner—chips, ice cream, chocolate treats, and the like—are usually high in fat and calories. The *kinds of foods you're eating* are the concern, not the clock.

◆ **You Can Break Through a Weight-Loss Plateau by Eating Fewer Calories** - Eat fewer than 800 to 1,000 calories a day, and your body will turn down its thermostat to conserve every calorie it can get. It doesn't know whether you're a prisoner of war suffering from starvation or a prisoner in your head. The only way to keep your metabolism purring is to exercise. When weight loss slows, walk a little longer or work out more frequently or intensely—and don't forget to eat.

◆ **Never Have Seconds** - Instead of using a plate of food or a predetermined serving size as a yardstick for how much you should eat, try taking hunger and fullness clues from your body. Eating according to your appetite is much healthier. And when you eat slowly, recognizing when you've had enough is much easier.

Keep in mind that there's a difference between appetite and hunger. *Appetite* has more to do with flavor preferences and craving; *hunger* is a biological manifestation of the body's real need for food. If it's been a while since you and your appetite have seen eye to eye on how much to eat, try this: Serve yourself only half of what you think you want to eat. If you're still hungry after eating at a leisurely pace, go for it—in moderation, of course.

Also recognize that you're hungrier on some days than on others. So when you're really, truly hungry, it's fine to eat more. Remember that one meal does not define healthy eating. What you eat over the course of a day, or actually over several days, does.

◆ **Deny Your Cravings; It's All in Your Head** - Sometimes, the faster you give in and have a small portion of the food you're craving, the better off you are. You can pack on lots of calories by trying to eat around the one thing you truly want. Have a small serving of the food you crave and get over it.

◆ **Don't Eat Between Meals** - Most people need to eat every 3 to 4 hours to avoid a feast-or-famine mentality and risk overeating because you're overhungry. Dividing calories into three meals and two or three snacks, instead of only three meals, can keep you fueled for the day. Try planning two or three snack-sized portions (for example, a piece of fruit or a couple of Fig Newtons plus low-fat or fat-free milk or yogurt) into your day's food choices. Doing so may help lessen your hunger pangs so that you're less likely to overeat at the next meal.

◆ **Eating Breakfast Makes You Hungry All Day** - Many typical breakfast foods—Danish, toast with jelly, and bagels, for example—

are mainly carbohydrates in their simplest form. These foods, while initially satisfying, are out of your system in about 30 minutes, and you need (and want) to eat again. That's why many people say that breakfast kicks off nonstop eating throughout the day.

Breakfast foods that have some protein and a little fat, in addition to complex carbohydrates and sugars, stay with you longer and give you the energy you need to make it through the morning. Whole-grain cereal with low-fat or fat-free milk, an egg on toast, and even a fruity breakfast shake made with low-fat or fat-free milk are good choices.

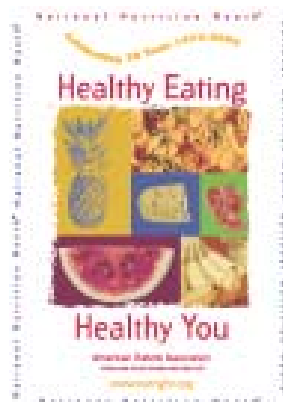
◆ **To Lose Weight, Become a Vegetarian** - Being vegetarian doesn't ensure that you'll lose weight. Like any way of eating, a vegetarian diet can be high in fat and cholesterol, low in fiber, or both. Many vegetarian foods, including cheese and nuts, are high in fat and calories. So cutting out meat and replacing it with other equally fatty (or even more fatty) vegetarian foods is not only a bad diet move, but it may also increase your chances for nutritional deficiencies—especially if you don't plan your diet well.

◆ **Fasting for a Few Days Drops the Pounds Quickly and Shrinks Your Stomach** - If you fast, you may drop pounds, but some of that weight will be muscle, and most of it will be water. You need to eat protein foods such as lean meat, eggs, low-fat or fat-free milk, or legumes (beans and peas), or you'll be thin and flabby, not thin and shapely.

There's a misconception that fasting cleans out your system. But actually, the opposite is true. When the body doesn't get food, body chemicals called *ketones* build up over time. That process puts a burden on the kidneys, which can be harmful to your health. Not to mention that it gives you really bad breath, too!

◆ **You Can Eat Anything You Want as Long as It's Fat-Free** - Fat-free foods are not calorie-free foods; check the Nutrition Facts panel on the food label. Many have just as many calories as the original versions, and a few have even more, because lots of sugar (among other ingredients) is needed to replace the way fat tastes and feels in your mouth. In the end, the total number of calories in a food is what's important.

A little fat is a good thing because it can help you eat less by giving a meal staying power, which keeps you from feeling hungry too quickly. Instead of a sandwich made with fat-free mayonnaise and fat-free cold cuts, make one with a teaspoon of real mayonnaise and low-fat meat; it will stay with you longer than a fat-free meal.



Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
Eucharistic Adoration/Reflective
Prayer (Cobre Chapel)
Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100
Praise & Worship 1830

New Life

(Main Chapel) **Sunday**

Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Families Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

Islamic Service

(Classroom 18) **Friday**

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

*For information about
Sunday School, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.*



You Are Invited! The W. T. Sampson Arts Festival

A showcase of the many creative talents
of our students

Featuring a whole school art exhibit and musical
performances throughout the afternoon

Monday, March 31st
Elementary School Media Center, Atrium,
and Gardens - 4-6 pm

Refreshments served

*Come Celebrate the Creativity
of our children!*

March is Youth Art Month

This celebration of creativity not only incorporates the visual
arts but also the performing arts such as Music, Drama, and Dance.

Art education is more than the creation of products; it is an
essential part of educating a child. Research has shown us that the
arts help students develop proficiency in critical thinking and
aesthetic judgement. In studying a variety of works, they come to
appreciate the efforts of others and value cultural diversity.

By providing our students with meaningful artistic experiences
in school, we help them develop a means of healthy self-expression
that will serve them throughout their lives.

We join in W.T. Sampson's whole school effort to promote
literacy. Literacy is more than merely reading and writing. In
today's world, it must be multisensory. Education in the arts can
provide our students with skills needed to make informed decisions
and arrive at creative solutions to life situations. Please join us in
celebrating our children's creative efforts.

Kid Friendly Crafts

During National Craft Month, spend some quality time with your child
making these simple kid friendly crafts.

Plastic Jug Bird Feeders - Rinse out an empty plastic gallon jug with lid.
Cut a window in the front of the jug, and make two small holes for the
perches. Insert pencils for perches and fill the bottom of the jug with bird
seed.

Juice Carton Crayon Box - Wash and dry an empty cardboard juice carton
and cut off the top. Using pieces of masking tape, have the children tape
up the entire carton, covering all sides, the more tape the better. Use crayons
to color the masking tape box. The tape makes the box sturdier and will
make a great crayon holder for their desk or dresser.

Coffee Can Wish Bank - Have kids cut pictures from magazines or draw
pictures. Decorate the can with glitter, the pictures, stickers or anything
else you have around. Cut a hole in the plastic top of the can for the kids to
deposit money. Each time they add money to the can, they are contributing
a little bit more to the "wish" item. A great way to teach kids to save money!

School Lunch Menu

March 17 - 21

- MONDAY -

Chicken Pattie,
Lettuce & Tomato,
Baked Beans, Fresh
Fruit, Milk

- TUESDAY -

Sausage Pizza,
Green Beans,
Carrot Sticks,
Sliced Pineapple,
Milk

- WEDNESDAY -

Beef Taco, Crispy
Shell, Lettuce &
Tomato, Cheese,
Rice, Sliced Pears
Milk

- THURSDAY -

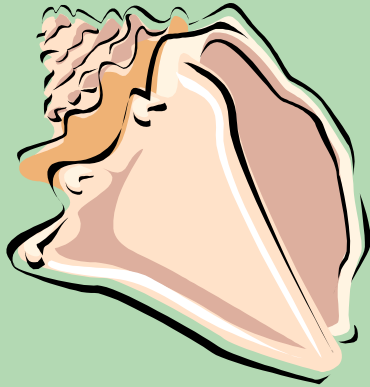
Grilled Ham &
Cheese on Wheat
Bread, French Fries,
Sliced Pineapple,
Milk

- FRIDAY -

Oven Fried
Chicken, Potato
Wedges, Tossed
Salad, Fresh Fruit,
Brownie, Milk

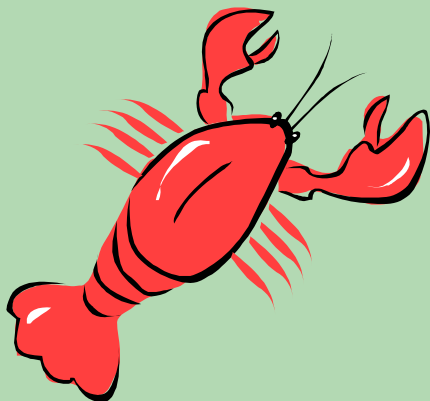
ENVIRONMENTAL REMINDERS:

Conch season is closed
base-wide in March,
April, and May.



Lobster season is closed in
the Manatee Conservation/
Marine Replenishment Zone
(Leeward Point to Caracoles
Point extending 150 yards
from the shoreline) February
1st through July 1st.

This area is also a
NO WAKE ZONE year-round.



Report poachers, call
4105 or VHS Channel 73.
They're stealing from you!

Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

Royal Tern

By Paul Schoenfeld
Natural Resources Manager

The Royal Tern (*Sterna maxima*) is one of several species of tern that spends the winter at GTMO and the surrounding Caribbean. Terns are a class of bird closely related to seagulls. Royal Terns are among the larger terns, about the size of a crow, with a wingspan of approximately 18 inches. They have a thick pointed orange bill, a black-capped head with a spiked crest pointing back at the rear of the head, pale underwings with dark tips, and a long deeply forked tail.

Royal terns are almost exclusively fish eaters although sometimes the reverse can be true. Chief Lewis of NCTAMSLANT recently caught a snapper with a banded bird leg in its stomach! Chief Lewis reported the band number to the Department of Interior Bird Banding Lab and learned the bird was a Royal Tern, banded in the nest in 1989 in Isle of March, North Carolina.



Normally however, it is the tern that eats the fish and during winter months, flocks of terns can be seen on the bay diving into schools of baitfish. Royal Terns also feed on aquatic invertebrates but fish are their dominant food item.

Some Royal Terns are year round residents in their nesting areas but others migrate to the southern U.S., South America, and the Caribbean from nesting areas in the northern parts of their range. Royal Terns nest from the Gulf Coastal states, throughout Florida, and along the eastern seaboard north to Maryland. They are colonial nesters and often nest with Common Terns, Gull-billed Terns, and Black Skimmers. Breeding habitat includes sand, gravel, or shell beaches, and some grassy areas of coastal islands. Nests are scrapes or small depressions in the sand. Eggs are camouflaged to blend with the sand and the adults incubate the eggs for about 30 days. Young birds fledge (leave the nest) at about 30 - 35 days after hatching.

Royal Terns, and other aquatic birds that nest in the sand, are quite vulnerable between the time the eggs are laid and the time they fledge. Natural predators including raccoons, opossum, sea gulls, crows, and others prey upon both the eggs and the young. Feral cats, dogs, and hogs can wipe out entire nesting colonies. Many eggs and immature birds are lost to pets running loose on the beach. Coastal storms are known to destroy eggs and young and many nesting areas have been lost to coastal and beachfront developments.

An interesting conservation measure is the creation of dredge spoil disposal facilities where dredge spoil from maintenance dredging of various waterways is deposited. Many species of tern and other shore birds use these facilities for nesting and there are advantages over natural nesting sites. Many of these facilities are islands and predation from feral animals may not be a problem. Although dredge spoil facilities are subjected to severe storms, they are generally more stable than natural nesting areas and impacts to nests may not be as severe.

GTMO SHOPPER

FOR SALE

(1) Rims and tires (16") off the yellow Mitsubishi 3000gt for sale. \$4 or best offer. Call 8165

(1) ITEMS STILL AVAILABLE - Desk/Hutch and chair set; Kid's 49er's locker; White rocking chair; 5pc bedroom set - FMI, call 5559.

(1) ITEMS FOR SALE - 34 inch/ Zenith TV/Picture in Picture/Original Price \$1200/Asking \$500; Outdoor Patio Set/ Glass Top Table/Umbrella/Six Chairs w/cushions, \$75; Bicycle/JEEP Mountain Bike/Brand New/NEX Price 269.99/For Sale \$200. Char-broil Propane Grill, \$100. Please call 5703 FMI.

(1) Competition Car Audio Components - 2 high powered sub amps (1-1200 watts; 1-1800 watts); 2 Audiobahn Competition subs (1-15"; 1-18"); System Augmentation battery (Optima Yellow Top); Custom boxes for each sub. FMI, call Brad at (h) 7148 or (w) 4681.

(2) CARPETS - Very large beige carpet cut to fit D/R, L/R and Lanai of Paola Point or Marine Site housing, \$400. Three room-sized carpets, \$70 and \$50 each. Call 3144 AWH.

(2) ITEMS FOR SALE - Microwave stand, \$20. Panasonic Microwave, \$60. Two entertainment centers, \$50 & \$70. Computer desk, \$80. Two-drawer file cabinet, \$10. Bar stools, \$5 each. Floor and table lamps, \$15 each. Blue sofa, \$40. 13" color monitor, \$25. Linen cabinet, \$15. Teledyne AR33BX floor speakers, \$100 set. Armoire, \$30. Assorted Beanie Babies. Call 3144 AWH.

(3) Five Rota 16" Rims, \$650 OBO. Also, 5 truck tires (30 x 15), best offer. Call Chris at 7859.

(3) Glass-top dining table and 6 chairs, plus slip covers - \$500. Call Kris, 7945.

(3) Fantasy Star Collection for the Gameboy Advance, \$20; 56k modem module for Handspring PDA's, \$35; Toner for HP Laserjets 5L-6L-3100-3150 models (C3906A), \$50. Contact Arnaldo DWH 4483, AWH 7138.

(3) Very large, solid oak entertainment center. Holds up to 27" TV. GC, \$125. x5666/AWH.

VEHICLES/BOATS

(1) 1982 Honda Accord. Very Dependable - \$1500 firm. Call (w) 5191 or (h) 8161.

(2) 1997 Chevy Blazer, 4 door, low miles, Power Windows/Locks/ Luggage Rack/New tires/ Mechanic Owned. \$9000. Call 7305.

(2) 1989 Pontiac Grand-Am - good condition. Asking \$2,500 OBO. Call Bennett at 4451 DWH or 7415 AWH.

WANTED

Someone to help with video presentation/editing. Call 5869.

Vehicle wanted for new family on GTMO. PCSing soon or considering parting with your vehicle, call 7310.

Looking for the following items to buy - Pantry Shelves, Area Rugs, Storage Cabinets. Call PO1 Malone, 5632.

Looking for anyone interested in forming a Big Brother/Mentorship Program. FMI, call PO1 Malone, 5632

Looking for a single bed - mattress and box spring - no headboard needed. Call 7452 in the evening.

EMPLOYMENT

The Fleet and Family Support Center is accepting resumes for an anticipated opening for a contract counseling position. Licensed Clinical Social Workers, Marriage and Family Therapists, Mental Health Counselors, or anyone possessing a Master's Degree and experience in Social Work, Psychology or Counseling may drop off their resume at the Fleet and Family Support Center NLT 25 March or call the FFSC at 4141.

Paper Clips Etc is currently accepting Resumes ONLY for Assistant Manager Position. Closing date is March 14, 2003. FMI, call 4603

The Resident Officer in Charge of Construction (ROICC) is accepting resumes for potential recruitment of a Construction Inspector. Salary will be commensurate with qualifications and experience. The employee selected will be hired through a Cooperative Administrative Support Unit (CASU) contract in the Norfolk, VA, area. Applicants may submit a SF171 or resume to the ROICC Office, Building 752 -Second Floor - by 4pm, March 28. For additional information, contact Mr. Mark Ewing at 4503.

The following positions are available at the Navy Exchange. FMI, please call Mary Beth at 4119.

Barbers and Beauticians - Part-time/ Full-time - Must possess current license from any state.

Floral Display Artist - Full-time
Cashier/Cash Office - Full-time

Following are job vacancies open through the Human Resource Division. FMI, call 4822 or 4430.

Open Continuous Vacancies: Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees recruited and are employed by MWR, NEX, Naval Station and Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National contractor

employees.

Supply Technician (OA), 1st cutoff 02/27/03, closes 08/12/03

Translating Assistant, 1st cut off 02/26/03, closes 08/11/03 - Males only.

LOST & FOUND

Lost - Kodak Advantix Camera - reward for film. Call 7168.

Lost Silver Bracelet between laundry mat, NEX, Windjammer and CC Housing. If found, call 7310.

YARD SALE

Friday, March 14th - CB-1151 from 1 to 6pm.

Saturday, March 15th - Villamar 7A from 8am to 3pm - baby boy clothes, some furniture.

ANNOUNCEMENTS

MEMBER OF THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS - Elder Gene Cook of the Quorum of the Seventy will address the congregation in Sanctuary A at Cahpel Hill from 6 to 8pm on Tuesday, March 18. Please join us if you can.

Yatera Seca Golf Club

Individual Play Scramble (Stroke Play)

Saturday, March 15th, 8:30am

Cost - \$5/non-members \$3 members

Prizes for 1st, 2nd and 3rd place

Everyone is responsible for their own cart and clubs. Handicaps will be used. If you don't have one, you'll be handicapped using the Calloway System.

Next golf club meeting - Monday, March 24th, 7pm at the Bayview Patio. Come join us!



You're Invited

Friday, March 14th, 6:30pm
Going Away Event for John Scott
at the Sailing Center

Fish Fry & Grilled Burgers provided. Bring your favorite side dish to share. FMI, call 4616.

Your are invited to share one of Scouting's greatest moment

The Eagle Scout Court of Honor

The Boys Scouts Of Troop 435 would like to invite the community to observe an Eagle Scout Court of Honor.

Grant S. Stead and Jimmy E. Grewe Jr. will be awarded their Eagle Scout rank on Sunday, March 16 at 3pm in Bulkeley Hall Auditorium.

If you are a Boy Scout or Eagle Scout and would like to take part in the ceremony, or be involved with the local troop please call Jim Grewe, 4242, or Paul Prince, 7737.

Energy Conservation

Keep exterior doors closed as much as possible

KANGAROO JACK

Comedy
1 hr. 34 min.

Starring:
Jerry O'Connell,
Anthony Anderson,
Christopher Walken,
Estella Warren,
Dyan Cannon

Two friends from Brooklyn are forced to deliver mob money to Australia. Their misadventures begin when one of them places his red jacket on a kangaroo while attempting to snap a picture. When the kangaroo bounces off, they realize the mob money is in the jacket and have to give chase through the Outback.



CRADLE 2 THE GRAVE



Action/Adventure
1hr. 40min

Starring:
DMX,
Jet Li,
Mark Dacascos,
Anthony Anderson,
Tom Arnold

When an international criminal kidnaps the daughter of a gang leader as

part of a diamond heist, it causes a city's police to engage in an intensive search led by a government agent and aided by the father's gangsters.

NARC

Crime/Gangster
1 hr. 45 min.

Starring:
Jason Patric,
Ray Liotta,
Busta Rhymes,
Chi McBride,
Richard Chevolleau

Eighteen months after the ill-fated chase that ends tragically with the death of a baby, undercover cop Nick Tellis is hitting bottom. On probation, he is summoned onto the case of a slain officer and teamed with Lt. Harry Oak, the slain cop's partner known for his unconventional administration of justice. Tellis slips into old patterns as the underworld he knows too well ultimately sucks him in.



Movies

FRIDAY, MAR 14

7pm Pinocchio
G 100min

9pm Catch Me If You Can
PG-13 140min

SATURDAY, MAR 15

7pm Kangaroo Jack
PG 89min

9pm NARC
R 106min

SUNDAY, MAR 16

7pm Cradle 2 the Grave
R 100min

MONDAY, MAR 17

7pm Kangaroo Jack
PG 89min

TUESDAY, MAR 18

7pm Antowne Fisher
PG13 113min

WEDNESDAY, MAR 19

7pm NARC
R 106min

9pm Cradle 2 the Grave
R 100min

THURSDAY, MAR 20

7pm Just Married
PG13 95min



Spouses Seminar 5K Run/Walk

March 15th
6:30am at the base gym
FMI call 2193

Youth Baseball & Teeball Sign-up

Now until March 14th
Baseball season begins April 12th
Coaches needed for all age groups.
FMI call 2193

Spring Bowling League

Sign-up Teams
or Individual Participants
for Spring Bowling League
FMI or to sign-up
Contact the Bowling Center
Cashiers at 2118

Marblehead Lanes Bowling

Hours of Operation
Monday - Friday
3pm to midnight
Saturday - Sunday
11am to midnight
The Rusty Anchor open daily at 11am

St. Patrick's Day Out of the Pro-Shop Tournament

March 16th
6pm - Marblehead Lanes Bowling
Center. Entry fee - \$10
Everyone can win. FMI, call 2118

GTMO Queen Night Fishing Trip

March 15th
Join us on Saturday from 5pm to midnight onboard the GTMO Queen for an evening of fun filled fishing on the bay. Our staff will assist you and we will provide a limited number of rods and reels. Bait and ice provided just bring your tackle and refreshments. Cost is \$5 per person with a 20 person limit. Sign-up early at the Marina or Call 2345.

Salsa Night

Every Thursday night is Salsa Night at the Windjammer.
Begins at 7pm. Ends at 11pm.
FMI, call 2304.

For more information on any of the events listed above, call 5225.